

Spend time with Jesus in Adoration

As in the Agony in the Garden, our agonising Jesus asks us to spend at least an hour a week with him¹ in front of the Blessed Sacrament (the Holy Eucharist), exposed in his tabernacles around the world, from which many blessings will follow.

Meditations

“We will go into his tabernacle: We will adore in the place where his feet stood. Arise, O Lord, into thy resting place: thou and the ark, which thou hast sanctified². Let thy priests be clothed with justice: and let thy saints rejoice.” (Douay- Rheims Psalms 131:7–9, others 132:7–9)

“And all the angels stood round about the throne, and the ancients, and the four living creatures; and they fell down before the throne upon their faces, and adored God, saying:



O come let us adore him

¹ See Matthew 26:40

² The sanctified ark refers to Blessed Mother Mary: as in Revelation 11:19, she is the Ark of the New Testament and is always next to her Son Jesus.

Amen. Benediction, and glory, and wisdom, and thanksgiving, honour, and power, and strength to our God for ever and ever. Amen.” (Revelation 7:11–12)

Jesus Christ: “My child, thank you for sitting with me and my Mother at my tabernacle. I am alive with you here. I am with you, present in front of you. My child, look at this wafer: it’s me. I see you right now. I see you took off your glasses and you put them back on to see and look at me, your Jesus.

“Thank you for coming to sit with me. You are tired, but you have this desire to be with me, to keep me and my Mother company. My child, I am like a prisoner in my tabernacle when my children leave me here alone, and in all the tabernacles of the world. My joy, my child, is when I see one of my children enter my shrine, to sit and keep me company. I, your Jesus, get so excited. I am like a little lamb, so meek, to be caressed by my children. I become so happy, like a child. Oh, if only my children understood how much my heart desires their company and love. Thank you for this unfathomable love given to me.

“My child, today you explained to some of your sisters in Jesus Christ about my desire to receive my sheep here in this monstrance. You told them how much I ask for, just one hour a week for me. Thank you for your love in teaching them about me here. Thank you for

telling them about the hours spent with me here in the early hours of the morning. I said and I, your Jesus, repeat again: I will protect them and their families, their loved ones; I will obtain many graces; I will restore broken hearts and families; I will unite families; I will bring peace where there is hatred. My child, I see the tears shed in front of me. I will heal their sicknesses and pains. I will bless them abundantly. My child, explain to my children that I will never forsake them or leave them.” ([18/07/2010](#))

Jesus Christ: “When my children come to visit me at my Blessed Sacrament, I come to the church door to welcome them, I greet them, I accompany them to their seats, I sit next to them, I embrace them, I caress their hair and I wipe their tears. I see all their pains and



Jesus heals and protects

sorrows. My children must open their hearts completely to me. I hear their prayers, their cries. They must tell me everything. I don't judge them. I just want them to confide everything to me. I will help them in their sufferings, all kinds of help that they need, with their work, their children, financial stresses, infirmities, illnesses, marriages in divorce (which is not from me), but I amend their brokenness, I heal them. When my children come to visit me at my tabernacle, I hear them, I don't

criticise them. I want my children to trust me. I will give a solution to their trials and hardships. Oh, what a joy when my children come and confide all to me. Come my dear children, to my tabernacle. Open your hearts to me. Visit me, even just for a few minutes. Say hello to me, your Jesus Christ. I am a prisoner in my tabernacle. I have given you this gift of my love at the Last Supper, my Body and Blood. I was at the Last Supper with my Apostles and I couldn't contain this, my great love, and I decided to share it with you. My dear children, use it, don't waste this immensity of love, of my Precious Body and Blood. I then became a prisoner in my tabernacle for you. Come and rescue me from my tabernacle in those special moments of your time spent with me, till the next of my children come and take me out of my Blessed Sacrament. All these special hours, moments, are written in the Book of Heaven in letters of gold. Thank you, my dear precious children." ([20/02/2020](#))

Father God: "My Son Jesus, his real presence, brings you much joy, happiness and comfort in your most difficult times, trials, of your life. Come, my dear people, sit with my Son Jesus to alleviate your burdens, your sorrows. When you encounter a crossroad and you don't know which way to turn, when you feel the cross is too heavy, my Son Jesus sits with you and alleviates that heavy cross from your shoulders. His Blessed Sacrament brings all that to you. It's a free love that burns for you, for your salvation." ([23/02/2020](#))

Supplementary reading

- [Spending time with Jesus in Adoration brings special graces, so too does meditating on his passion and praying to alleviate his pains \(17/04/2014\)](#)
- [Father God's message to his youth after a weekend pilgrimage to Mother Mary's holy grounds in Ngome \(24/03/2018\)](#)
- [We bring alleviation and joy to the Sacred Heart of Jesus when we visit him at his Blessed Sacrament \(31/05/2018\)](#)
- [Jesus Christ is a prisoner in his tabernacles around the world, waiting for his people to visit him \(04/05/2018\)](#)

O' come let us Adore him, Christ our Lord

"Come, my children, sit with me. What I ask from you is just one hour a week of your time to spend with me. I give you a day of 24 hours. A week is 168 hours and from that I ask one hour for me. Will you do it for me, your Jesus, your God? Will you spare me one hour?" (Jesus Christ, 28/06/2010)

"We will go into his tabernacle: We will adore in the place where his feet stood. Arise, O Lord, into thy resting place: thou and the ark, which thou hast sanctified. Let thy priests be clothed with justice: and let thy saints rejoice." (DR: Psalm 131:7-9)

"And I beheld, and I heard the voice of many angels round about the throne, and the living creatures, and the ancients; and the number of them was thousands of thousands, saying with a loud voice: The Lamb that was slain is worthy to receive power, and divinity, and wisdom, and strength, and honour, and glory, and benediction." (Revelation 5:11)





“Come and drink from my Son’s Fountain of Life while there is still time, while I allow you time to spend with my Son Jesus in the Blessed Sacrament, the Fountain of Life, to renew your faith, your love for my Son Jesus, to save you while there is still time because soon, this fountain will be dry.”
(Father God, 07/09/2011)